

STARS

University of Central Florida
STARS

Volume 6

The Scoop

3-2020

The Scoop, Vol. 6 Issue 12, March 2020

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The Scoop

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SAVE THE DATE

3/3: Art in the Library
2pm - 3pm
Library Atrium

3/12: BYOL Lunch & Learn Series:
Craft and Relax
12pm - 1pm
Room 211

3/20: MATCH DAY!
11:30am - 12:30pm

Oh, the places
you'll go...

Happy Match Day,
Class of 2020!



How Much Caffeine is Too Much?

Most of us turn to some sort of caffeinated beverage to give us the jolt we need to get through the day. But can we intake more caffeine than we should?

According to the FDA, depending on a variety of personal factors such as body weight, individual sensitivity, and medications you may take, "too much" caffeine can look different from person to person.

If you're looking to cut back on your daily caffeine consumption, it's best to do so gradually in order to avoid bothersome withdrawal symptoms like headache, anxiety, and nervousness.

General
Recommendations for
healthy adults:

400mg/day

Or about four - five
cups of coffee



Signs you may be
over-caffeinated:

Insomnia
Jitters
Anxiousness
Fast Heart Rate
Upset Stomach
Headache

Source: <https://www.fda.gov/consumers/consumer-updates/spilling-beans-how-much-caffeine-too-much>

APP OF THE MONTH

You can't always eat what you want



Food intolerances or allergies can be pretty common, but it's not always easy to figure out which foods might leave you feeling miserable after you consume them. The **Food Intolerances** app takes some of the guesswork away when you have to stick to a restricted diet by providing you with detailed information about common foods, their contents, and how they may relate to your specific allergy or intolerance. The app also provides general nutrition facts and features other useful tools like a built-in shopping list.

Food Intolerances

AVAILABLE FOR \$6.99 IN ITUNES AND \$4.99 IN THE GOOGLE PLAY STORE

INFORMATION. Anywhere, Anytime, on Any Device

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